

REGISTER OF MILITARY FAMILY SUPPORT SERVICES IN HAWAII

DEPARTMENT OF THE NAVY
MARINE CORPS BASE HAWAII
Kaneohe Bay, Hawaii 96863

I. AID AND RELIEF SOCIETIES

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
<u>AMERICAN RED CROSS (ARC)</u> PHONE: (808) 257-8848 FAX #: (808) 257-3003 HOURS: 0800-1600 Monday thru Friday Location: Bldg. 216, Room 53 Kaneohe Service Center Box 63002 MCBH Kaneohe Bay, HI 96863-3002	Services provided to members of the U.S. Armed Forces, veteran, retired personnel and their families.

PROGRAM DESCRIPTION/SERVICES PROVIDED

24 Hours Emergency: Emergency Communications or Financial Assistance. American Red Cross Armed Forces, Emergency Service Center, offers Health and Safety Courses. Courses includes Community CPR and First Aid, CPR for the Professional Rescuer, Babysitting, HIV Education, Swimming and Lifeguarding. Volunteer opportunities are available and year round Dental Assistant Program is offered.

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I. AID AND RELIEF SOCIETIES CONT'D

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
<u>NAVY MARINE CORPS RELIEF SOCIETY (NMCRS)</u> PHONE: 254-1327/1328 BLDG: 219	Active duty Navy and Marine Corps personnel, retired Navy and Marine personnel, families of the living and the deceased personnel listed.

PROGRAM DESCRIPTION/SERVICES PROVIDED

NMCRS provides services to help with emergency needs with interest-free loans or grants for emergency transportation, funerals, medical/dental bills, food, rent, utilities, assistance when disaster strikes, personal needs when pay is delayed and essential vehicle repairs.

Other support services include education scholarships and loans, budget counseling, visiting nurse program, layettes for newborns, and coordination with other agencies and organizations.

NMCRS Visiting Nurse Program. Visiting Nurses (From Pearl Harbor, 423-1314) makes home visits to Marine Corps families.

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II. ARMED SERVICES YMCA

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
<u>ARMED SERVICES YMCA</u> PHONE: 254-4719 BLDG: 579	Active duty military personnel and their families with an emphasis on the bound families of enlisted Marine Corps personnel.

PROGRAM DESCRIPTION/SERVICES PROVIDED

The Armed Services YMCA serves the military and their families with a variety of educational, recreational and social programs. Many programs are free or at nominal costs.

Playmorning meets in four different MCBH Kaneohe housing locations Monday through Thursday in an informal outdoor setting. Parents and children participate in crafts, games, stories and music activities. This program increases peer socialization for both child and parent.

Childbirth Education. 7-week course provides the information that couples need to know when they are expecting a child. Sign up also for the Welcome Baby Home Visitor.

Food for Families. Monthly memberships provide consumer: smart classes and supplements grocery bills with monthly grocery shopping trips.

Craft Classes. Basket Making, quilting, painted canvas cloth classes.

Parent's Night Out. Provides time for parents: free evening care and dinner are provided to children.

Hourly Child Care. Reserve time up to two week in advance for infants (age 6 weeks) to pre-kindergarten. Childcare provided from 0800-1430.

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II. ARMED SERVICES YMCA CONT'D

PROGRAM DESCRIPTION/SERVICES PROVIDED

Quarterly Swap Meet and Craft Fair. Families recycle their household items and save on purchases.

Other services: Internet access, fax services, copies and a meeting place for social functions or for organizations.

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III. CHAPLAIN SERVICES

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
<u>MCBH KANEOHE CHAPEL SERVICES</u> PHONE: 257-3552 BLDG. 1090	Active duty Marine Corps, Navy Personnel, and their families stationed at MCBH. All other military personnel and their families and guests.

PROGRAM DESCRIPTION/SERVICES PROVIDED

The MCBH Kaneohe Chapel offers Bible study classes and Sunday School Classes and other religious programs. The Christian Women of the Chapel Group is a women's ministry Bible Study. There is also a Singles Ministry, which targets the single Marine and sailors. For further information on programs, please call the Chapel.

The following religious services are available at MCBH Kaneohe Chapel.

Catholic: Saturday, 1700
Sunday Mass, 0930
Daily Mass, 1145 (Monday –Thursday), 1145 (First Friday of each month)
Holy Day of Obligation, 1145 & 1800

Protestant: Sunday Liturgical Worship, 0800
Sunday Contemporary Worship, 1100
Sunday School, 0930
Adult Choir, 1830 each Wednesday

Gospel of Holiness:

Sunday School, 1045
Sunday Worship, 1300
Bible Study, 1900 each Tuesday
Choir Rehearsal, 2000, each Tuesday and Friday

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III. CHAPLAIN SERVICES CONT'D.

PROGRAMS

POPULATION SERVED

MCBH KANEOHE CHAPEL SERVICES
PHONE: 257-3552
BLDG. 1090

Active duty Marine Corps, Navy
Personnel, and their families
stationed at MCBH.
All other military personnel
and their families and guests.

PROGRAM DESCRIPTION/SERVICES PROVIDED

Chapel Weekly Events:

Monday: Gospel of Holiness, 1830; Protestant Youth Group, 1900
Tuesday: Protestant Bible Study, 1900; Rites of Christian Initiation for
Adults (RCIA), September – April, 1800-1900; Gospel of Holiness Bible
Study, 1900
Wednesday: Protestant Bible Study, 1130; Protestant Choir Rehearsal,
1830
Thursday: Protestant Bible Study, 1130; Catholic Adult Catechesis; 1900
Friday: Gospel of Holiness Bible Study, 1900

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IV. CHILD DEVELOPMENT

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
<u>MARINE CORPS COMMUNITY SERVICES (MCCS)</u> <u>PERSONAL SERVICES DIVISION</u> PHONE: 257-7787/257-7790 BLDG. 216	Active duty and retired military personnel and their families. Reserves on active duty and civil service personnel and their families are also eligible for programs.

PROGRAM DESCRIPTION/SERVICES PROVIDED

Personal Services offers a variety of services including, but not limited to the following:

EARLY CHILDHOOD EDUCATION (ECE) PROGRAMS. Bldg. 244, 257-7430. The ECE offers full day and part day services for children in Family Child Care (FCC) homes, and the child Development Center (CDC). Each program provides a developmentally appropriate curriculum. Contact the ECE office for childcare information or to apply for childcare services.

FAMILY CHILD CARE PROGRAM. Phone: 257-7030. The FCC program allows individuals to provide childcare services in base quarters after they have become certified through the FCC homes offer full day, part day, and hourly services for children starting at 6 weeks old.

CHILD DEVELOPMENT CENTER. Phone: 257-1388. The CDC provides full day care for children 6 weeks to 5 years old from Monday through Friday from 0630 – 1800. The CDC also provides part day programs for children 14 months to 5 years old. The part day program varies in days and hours of availability.

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V. YOUTH ACTIVITIES

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
<u>MARINE CORPS COMMUNITY SERVICES (MCCS)</u> <u>PERSONAL SERVICES DIVISION</u> PHONE: 257-7787/257-7790 BLDG. 216	Active duty and retired military personnel and their families. Reserves on active duty and civil service personnel and their families are also eligible for programs.

PROGRAM DESCRIPTION/SERVICES PROVIDED CONT'D

Personal Services offers a variety of services including, but not limited to the following:

YOUTH ACTIVITIES, KANEOHE BAY. Bldg. 5082. 254-7610. Youth activities offer a comprehensive program for school aged children. The full-service program encompasses a range of youth sports including football, baseball, basketball, soccer, in-line skating and cheerleading. The Adventure Program offers structured activities during school breaks in summer, spring and winter including excursions to fund destinations on and off base. The pre-teen center for youth 10-12 years and teen center for youth 13-17 provides a range of activities and resources. Classes in a variety of dance disciplines including ballet and tap, gymnastics, tennis, karate, Okinawa kenpo and tae kwon do are also available.

OTHER YOUTH ACTIVITIES SERVICES ARE AVAILABLE AT:

CAMP SMITH AND MANANA HOUSING YOUTH ACTIVITIES. (456-1662). A versatile Youth Activities program is available at Manana Housing in Pearl City from Monday through Saturday for ages 10-17. The program consists of special events, dances, excursions and classes in karate and tennis. Holiday adventure programs are available during spring, winter, and summer breaks for children 6-12 years old. Open recreation is available for pre-teens and teens.

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VI. FAMILY SUPPORT SERVICES

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PROGRAMS DESCRIPTIONS/SERVICES PROVIDED CONT'D

Personal Services offers a variety of services including, but not limited to the following:

COUNSELING SERVICES. Professional counseling is available to assist individuals, couples and families in improving personal satisfaction, marital and parent/child relationships. Individuals and families are assisted in adjusting to problems such as separation, culture shock or personal crisis. All counseling is conducted in a confidential setting by professionally trained social workers. Classes in time, anger and stress management, suicide prevention briefs, pre-marital workshop, couples communication workshops, are provided. Counseling staff also offer parenting classes that focus on child and adolescent development.

FAMILY ADVOCACY PROGRAM (FAP). The FAP is dedicated to the prevention, education, reporting, intervention and treatment of spouse and child abuse. Licensed social workers provide domestic violence assessments, men and women's spouse abuse programs, a victim support class as well as domestic violence briefs to commands.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP). The EFMP ensures that the needs of the exceptional family member are taken into consideration throughout the change assignment process. These needs may include physical, emotional, developmental and medical components. Military members are assisted in the enrollment process and provide information on local military and community support programs.

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VI. FAMILY SUPPORT SERVICES CONT'D

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
<u>MARINE CORPS COMMUNITY SERVICES (MCCS)</u> <u>PERSONAL SERVICES DIVISION</u> PHONE: 257-7787/257-7790 BLDG. 216	Active duty and retired military personnel and their families. Reserves on active duty and civil service personnel and their families are also eligible for programs.

PROGRAMS DESCRIPTIONS/SERVICES PROVIDED CONT'D

Personal Services offers a variety of services including, but not limited to the following:

FAMILY MEMBER EMPLOYMENT ASSISTANCE PROGRAM (FMEAP). This referral service provides valuable employment assistance and accurate, timely information about how to find employment in Hawaii for family members. Monthly classes include the FBI Recruitment Brief, Resume Workshop, Starting Your Own Business, and Federal Employment Workshop. An annual job fair is also conducted aboard MCBH.

INFORMATION & REFERRAL (I & R). Information and Referral assists active duty and family members in locating services and assistance. A wide range of information about services and programs and available at MCBH and civilian agencies are available. In addition, national resources are also available.

PERSONAL FINANCIAL MANAGEMENT PROGRAM (PFMP). PFMP teaches new skills to help manage money and expand existing knowledge and capabilities. Assistance is available on a one-to-one basis to guide you through challenging money-management issues. Monthly workshops on Checkbook Management and Money Management are held as well as classes on special interest topics.

RELOCATION ASSISTANCE PROGRAM (RAP). RAP provides a support system for Marines and Sailors and their families when arriving and departing the current duty station. Assistance is provided in the form of briefings and workshops that offer moving tips, help with financial and legal concerns, travel

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<u>MARINE CORPS COMMUNITY SERVICES (MCCS)</u> <u>PERSONAL SERVICES DIVISION</u> PHONE: 257-7787/257-7790 BLDG. 216	Active duty and retired military personnel and their families. Reserves on active duty and civil service personnel and their families are also eligible for programs.

PROGRAM DESCRIPTION/SERVICES PROVIDED CONT'D

Personal Services offers a variety of services including, but not limited to the following:

entitlements and emotional support. Viewing files are information packets from military installations throughout the world are available for loan. The Lending Locker (Bldg. 460) maintains an inventory of household items to loan relocating personnel for a specified period. Items include dishes, pots, pans, flatware, and linens.

RETIRED ACTIVITIES OFFICE (RAO). This program offers information about issues of interest to retirees and serves as the focal point for retiree matters.

TRANSITION ASSISTANCE MANAGEMENT PROGRAM (TAMP). TAMP provides help to marines and Sailors who are separating or retiring from the military by offering important information and assistance on how to make a successful transition to civilian life.

NEW PARENT SUPPORT PROGRAM (NPSP). Bldg. 216, 257-8803. The New Parent Support Program is a professional team of nurses, pediatric nurse practitioners and social workers who provide supportive and caring services to families through home visitation. NPSP also offers "Daddy's Boot Camp/New Moms Orientation, a free childbirth preparation class.

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<u>MARINE CORPS COMMUNITY SERVICES (MCCS)</u> <u>PERSONAL SERVICES DIVISION</u> PHONE: 257-7787/257-7790 BLDG. 216	Active duty and retired military personnel and their families. Reserves on active duty and civil service personnel and their families are also eligible for programs.

PROGRAM DESCRIPTION/SERVICES PROVIDED CONT'D

Personal Services offers a variety of services including, but not limited to the following:

JOINT EDUCATION CENTER. Bldg. 219, 257-1232. The Joint Education Center provides testing including Dantes/DSST, tuition assistance for active duty marines and Sailors as well as education workshop for everyone. The center's Lifelong Learning (LLL) Program provides personal and professional learning opportunities within the Navy Marine Corps community. Access to LLL for independent duty and deployed Sailors and Marines is facilitated through on-line enrollment and correspondence courses.

LIBRARIES. Bldg. 219, 254-7624. MCBH features two full service libraries that are fully automated and are on-line with other USMC libraries. The libraries include Internet access and word processing computers as well as a large collection of professional military education books, a microfiche collection and a wide range of fiction/non-fiction books that include bestsellers, Hawaiiana and books for children of all ages.

SUBSTANCE ABUSE COUNSELING CENTER (SACC). Bldg. 279, 257-3900. This program provides alcohol and drug education courses, outreach training, outpatient treatment for alcohol abuse and dependency, referral services for other issues. One of the primary services provided by the SACC is to help service members or family members assess a potential difficulty with a substance. Outpatient treatment consists of a variety of specific applications that are designed to assist someone with a personal alcohol problem without

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<u>MARINE CORPS COMMUNITY SERVICES (MCCS)</u> <u>PERSONAL SERVICES DIVISION</u> PHONE: 257-7787/257-7790 BLDG. 216	Active duty and retired personnel and their families. Reserves on active duty and civil service personnel and their families are also eligible for programs.

PROGRAMS DESCRIPTIONS/SERVICES PROVIDED CONT'D

Personal Services offers a variety of services including, but not limited to the following:

hospitalization. Outreach services consist of a variety of educational components designed to deliver the most effective and up to date training on substance use issues. Presentations are conducted upon request from commands or special interest groups.

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VII. HEALTH SERVICES

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
BRANCH MEDICAL CLINIC PHONE: INFORMATION: Family Practice 257-5041, x 416 AMBULANCE: 257-9111 (on base), 911 (off base) ACUTE CARE: 257-5041, X 103 APPOINTMENTS: Family Practice 257-2155 x 115 HEALTH BENEFITS ADVISOR: 257-3365, x 322 TRICARE PRIME: 800-242-6788 BLDG. 3089	Active duty personnel, family members and retirees.

PROGRAM DESCRIPTION/SERVICES PROVIDED

The Branch Medical Clinic, Kaneohe Bay is located on "D" Street. Hours for most clinics is 7:15 am to 4:00 p.m. Ambulance support on base is available 24 hours a day. Services provided include: dermatology, family practice, immunizations, occupational health, optometry, pediatrics, pharmacy, physical therapy, preventive medicine/community health, psychiatry/mental health. Acute care provides rapid acute care for minor trauma such as sprains and injuries that may require stitches or acute illness.

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VIII. LEGAL SERVICES

<u>PROGRAMS</u>	<u>POPULATION SERVED</u>
LEGAL SERVICES PHONE: 257-2110/2160/0074, ext. 236, 241, 242 BLDG. 215	All active duty and retired members of the Armed Forces and their family members.

PROGRAM DESCRIPTION/SERVICES PROVIDED

Legal Assistance offers counseling and or assistance with a wide range of legal issues.

Powers of Attorney and Notary services are available on normal working days between 0830-1030. Classes on will drafting and are offered weekly. Assistance is also provided in uncontested adoptions for clients who will be on-island for at least 6 months after completing all paperwork.

Separation/Divorce classes are held on Wednesdays at 0900. No appointments are required and this class is mandatory before getting a separation agreement. Both spouses should attend, but not required. After the separation agreement worksheet is completed, an attorney can review it during walk in hours.

Legal assistance briefs are provided for pre-deployments (wills/powers of attorney, debt management), New Arrivals Orientations, TAMP classes, Retiree briefs and Preventative Law.

Walk in hours are 0730 – 1100, Tuesdays, and Thursdays, on a first come, first basis. If you cannot make it during these times, call for an appointment. Subjects include contracts, landlord-tenant, paternity, accidents, debt collection, insurance, small claims courts and more. If issues are beyond the scope of Legal Assistance, you will still be given advice, including whom you should see.